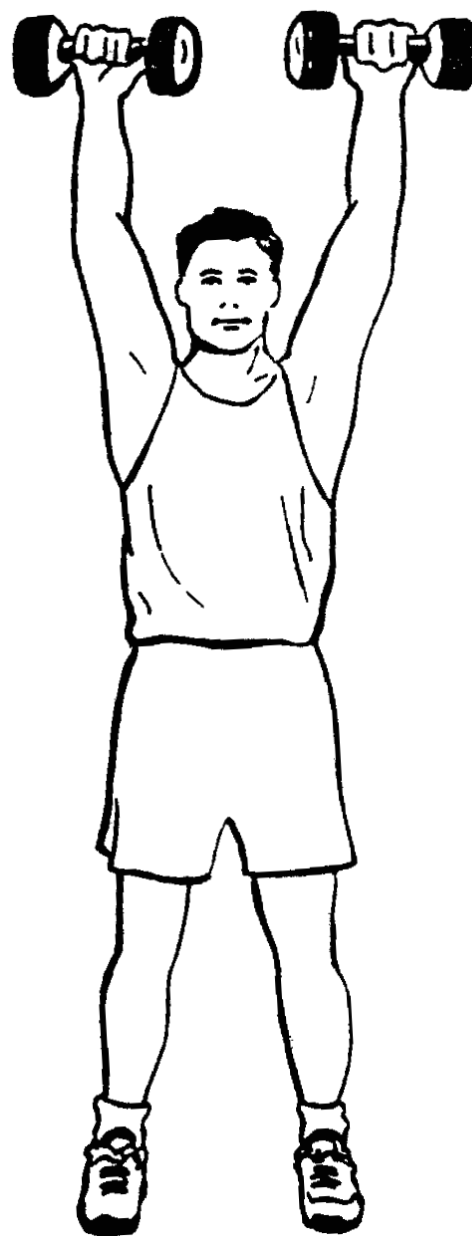
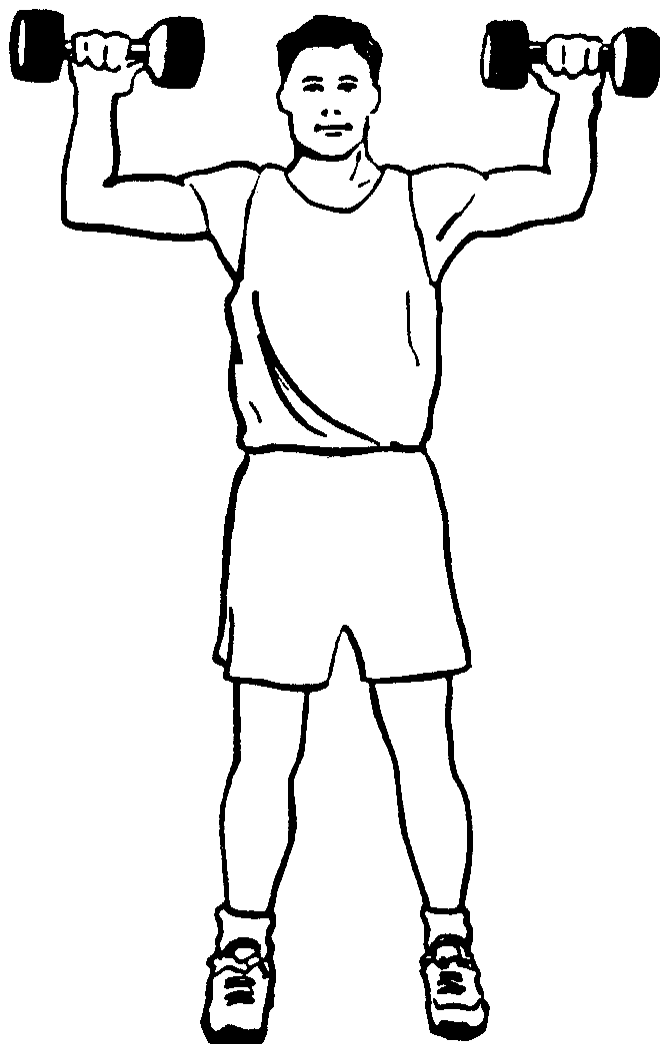


## Shoulder press

*(with or without weights)*



Begin the exercise with your arms up to your sides parallel to the floor, elbows at a 90-degree angle, and palms facing forward. Push your arms above your head until your elbows are almost straight. Slowly return to the starting position and repeat 10 times.